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**How to Breakthrough Mental Block to Achieve Your Goals**

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# How to Breakthrough Mental Blocks To Achieve Your Goals

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## **Understanding the Importance of the Foundation of Life Coaching**

Before I show you How to Breakthrough Mental Block to Achieve Your Goals, I would first like to share what is Life Coaching All About so that you have a better understanding of this foundation and background and how important it is when setting your Goals.

## What is Life Coaching all about?

As a Life Coach I am asked by clients for assistance in dealing with personal issues. These are issues anywhere from clients wishing to connect with their own children, clients needing to find a more meaningful and more fulfilling employment.

People wishing to discover their passions, clients wishing to double their income, people wishing to be in a committed relationship, helping people discover what they want in life, help people whose lives are in a downward spiral and wish to overcome their personal obstacles, helping employees who hate their jobs but love the pay, or helping develop self-confidence and be more positive in life.

The clients I have worked with for life coaching assignments come from varied profiles: Senior VPs, heads of departments, real estate directors, HR managers, doctors, trainers, consultants, insurance managers, counselors, parents, aspiring coaches, and college students. In short, I have helped many people achieve their goals, double their income, increase their confidence and find their passion.

### **Some Skills and Values for a Life Coach**

Earning trust from a client in a life coaching situation is vital. The skills needed include adequate rapport building, strong active listening and empathy as well as compassion and trustworthiness. Additional skills are intuition and the skill to give positive feedbacks to keep the client in a positive frame of mind, to be seen by the client as someone who can change their lives, being supportive and encouraging, and being continually inquisitive. Among Values that are required in life coaching situations are to be non-judgmental, maintaining strict confidentiality, and be totally honest.

## **My rewards as a Life Coach**

I continue to get feelings of deep satisfaction when the people I help do succeed. This feeling of satisfaction out of client success increases my motivation and commitment to this particular line of coaching. As a result of these positive experiences I have developed self-confidence and inner strength and discovered along with my clients that simple truths found in everyday life can yield great joy and happiness.

Years ago I rewarded myself with a personal life coach and I learned greatly from the process. That experience taught me to learn how to trust, which deepened my self-belief and gave me the freedom to be myself and connect with my inner self. I learned how to build rapport in a coach-client relationship. That experience led to a self-discovery during which I became aware of my disempowering habits, disempowering beliefs and disempowering thinking that held me back from taking actions to achieve what I had deemed out of reach for me. I also experienced a mindset shift that allowed me to create new possibilities for myself. I was able to achieve in a single year goals that I had only dreamed of for the past 5 years but had never got around to even start. That first year when I was coached by a Life Coach it was a life bonus.

## **Elements of Life Coaching**

A major element in life coaching is to be able to shift the client's mindset by breaking patterns of disempowering thoughts and replace them with empowering ones. This very much boosts their confidence level. This achievement alone greatly impacts their lives and the lives of their families. Another element is the element of trust between coach and a client which can be deepened with both the coach having a strong presence and the creation of a strong coach-client bond.

For a life coach to be able to coach well he or she needs to experience life coaching himself or herself in order to physically experience what a breakthrough feels like. The other learning experience is to be shown by the coach how to explore other areas of one's life that may have seemed unimportant. That unique experience enabled me to coach more powerfully and to ask very probing questions allowing my clients to discover their real selves comprising their true inner values, their beliefs and sense of well being all hidden within the subconscious.

Basically a Life Coach is a mentor who supports and encourages the client to forge forward while maintaining client accountability. From that experience I have incorporated the power of intuition in my thought and action processes during coaching, and I have found my intuition to be of considerable benefit to the client.

## **Testimonials**

The following are excerpts from testimonials from four former clients.

“During the darkest and most vulnerable moments of my life, you had generously shared your spirit of supporting, giving and caring through your coaching profession... Meeting you through my coaching sessions had been inspiring and insightful. Your questioning skills and dialogue with me have always challenged me to deeper thinking. You were sensitive in stretching me to realize my strengths and yet balanced with endearing support and tenderness to keep me in momentum.”

“Looking back at our few months together, I am amazed by how much has happened and changed for the better in my life... I have not only gained skills, confidence and new habits, I have also gained clarity of purpose and a real sense of wonder and amazement at all the possibilities available to me. You are a real inspiration to me.”

"Setting goals to cover aspects of my life has allowed me to get a balance which I was previously lacking. Consistent sessions with my coach to do a goals-audit definitely propelled me to phenomenal growth with a short span of 10 months. I admire her professionalism and definitely her sessions gave me a renewed sense of motivation to get off my butt and get things done NOW!!"

"I am in my early thirties and had been suffering from low self-esteem. I had problem acknowledging the talents and strengths that I possessed. Being harsh and critical towards myself was a norm. During the 3 months of coaching, I began to gain clarity about what I want to achieve in life through the goals that I had set with Dolly's guidance: to challenge myself to engage in activities that would build my self-confidence and change the way I perceived myself. Now I have begun to gain a greater self-awareness and confidence and am actively working towards achieving all my goals. It has never occurred to me that life coaching could be such a transformational journey."

## **How to Breakthrough Mental Blocks to Achieve Your Goals**

It is the beginning of a new year. If you're like most people, you've probably experienced the sudden burst of motivation that comes in early January.

"This is the year," so the resolution goes, "that I promise to lose 5 pounds." Or maybe set other goals like, going on a vegetable diet to stay healthy, or save \$1,000.00 every month, make extra \$500.00 and this list goes on. And worthy goals they are. Sadly, New Year's resolutions are short-lived, if not completely forgotten by February. The trick to making goals work is to use the right technique.

### **Use the Right Technique**

For all too many resolutions, failure is virtually assured at the offset because the goals are not what you really want. Think about what you really want and why you want it.

What benefits do you wish to receive? Is saving \$1,000.00 monthly goal meant to help you pay for a down payment for a future home? Buy a car? Identifying the "why" helps you avoid setting goals for the wrong reasons.

Finally, be specific about your goal. Phrasing the goal in positive words that make it inspiring and put a time frame, that is, by a specific date you got to achieve it. A positive goal "to save \$4,000.00 by April 30th" is more effective than the ambiguously phrased goal "to save money."

Once you've decided on the wording, write the goal down on paper. Create a Vision Board, or collage and for even more commitment, look yourself in the mirror and state the goal out loud every morning. The important thing to remember is, what you focus expand. Practice makes perfect. Once you get the hang of it, add one more goal and follow the same technique.

If you are ready to do some work, get a buddy to make each other accountable for the goals you set. The idea is to support and encourage each other to focus on the goals.

If you find that you are not motivated to take actions to achieve your goal. You felt stuck or experience a mental block. Create a plan together.

### **Create a Plan**

List a step by step plan that you will take toward accomplishing your goal and include the due date. If you find difficulty, the solution is to come back to this site for more tips or share your obstacles and there maybe more tips available for that specific obstacles..

In Life Coaching, the first thing we do is to help you discover what you really want in life and goal setting is part of the process. First, define what is most important to you. Do not set goals that is what your friends or family think is important to you. You need to do this true to yourself and not be influenced by what other's think. Be aware of distractions, there are many, stay focus.

## **Stay Focus and on Track**

With a good plan, making progress toward your goal may require daily planners with a to-do list to check off items.

For those of us who need a little help to stay focus and on top of details, is to seek outside help. The idea is to have someone give you positive feedback, to bounce off ideas, to show you, your blind spots and keep you motivated. Help you breakthrough your mental blocks. Is it is a fitness goal, get a Personal Trainer.

## **Be Flexible and Have Faith**

Be flexible in our expectations, sometimes, there are circumstances beyond our control crop up at the most inconvenient times. Adjust things as we go along and continue to have faith.

Do what works for you as there is no one alike. The most important thing is not to beat yourself up mentally when you did not reach your goal on time. Ask yourself better questions, "What is now an opportunity to learn." "What can I do differently?" Can I adjust the milestone? Adjust your plan and forge forward.

If you are working with a Buddy, ensure that both of you agree to acknowledge your partial success, encourage and support each other to have faith. Give yourself a pat on the back! You are better off than before you began. Look at the glass as half full and not half empty. Remember to celebrate success, no matter how small it is. They all add up.

## **Bonus FREE Tele-class Discover Your Definition of Success**

With these tips and guidance, are you able to breakthrough your mental blocks to achieve your goals?

Feel free to comment on my Facebook, and Like my Fanpage: [www.mindset-coaching.com](http://www.mindset-coaching.com) to receive more tips on Life skills Coaching.

A breakthrough of Mental Blocks to achieve your goals sounds like reformatting your computer to clear the virus, cookies and information overload.

Change is the only thing that is constant and to keep up for personal growth, that requires taking risk, learning and using new software and a new mindset. Shift your mindset, shift your life.

If you like these tips and FREE guide you will love my 'Wheel of Life to Success.' I will share with you how to define the most important areas of your life. Discover your definition of success instead of being influenced by someone else's definition of success.

You do not have to second-guess whether you are making the right decisions. You will have clarity of your life direction. Clarity is power.

**In my Bonus FREE Tele-class to be held on January 10, 2012**, I will share with you more tips on how to discover your definition of success. Simple and yet Effective Tools to calibrate what is most important to you. Understand how it can either stop you from achieving your goals or motivate you towards your goals. One year down the road, where do you see yourself?

If you need help, remember to look out for my email and register for my Bonus FREE Tele-class which comes with your opt in for this Guide and start the journey of Success.

Take action now. This is the best time to design a life you desire. Get your friend to join in so that you can both be buddies to support each other. If your friends have not opt in for this FREE Guide on How to Breakthrough Mental Block to Achieve Your Goals, he or she would not be able to receive the Bonus FREE Tele-class on January 10, 2012.

Life is a marathon, not a sprint. Start the momentum now. Get your friends to visit my website: [www.mindset-coaching.com](http://www.mindset-coaching.com) to opt in for the FREE Guide and get the Bonus FREE Tele-class that comes with it.

Dolly Yeo is the Chief Coach and founder of Mindset Coaching that specializes in Life Coaching. She is a Results Certified Coach (Australia). A Member of the International Coach Federation, Singapore. Theme for 2012 is to Add Value to more people.